

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6	Shower. Feed the dog. Get dressed.						
7	Wake up the kids.						
8	Drop them off at school.						
9	Fight traffic. Attend 8:30 meeting.						
10	Arrange Tuesday meeting. Read mail.						
11	Update files.						
12	Make hair appointment. Call the plumber.						
1	Pick up kids' prescriptions. Finish report.						
2	Review report with boss.						

Sound familiar?

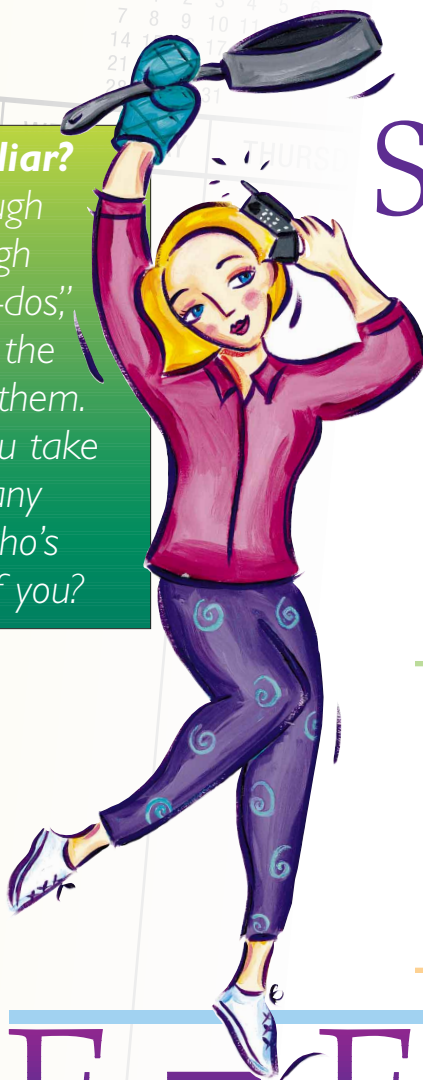
It's tiring enough to read through this list of "to-dos," let alone find the energy to do them. The fact is you take care of so many people, but who's taking care of you?

$E=MC^2$

Thanks, Einstein.

But that's not going to help you get the E – Energy – you need.

From the home office in Everyone's Energized, USA, comes a new equation:



$$E = F + A + Z$$

The E is **Energy** = **Food** (for fuel) + **Activity** (the physical kind) + **ZZZs** (as in sleep)

The good news is that you don't have to be a scientist to solve this equation.

EVERYDAY SOLUTIONS FOR EVERYDAY HEROES—LIKE YOU!

You are a hero in the lives you touch. Your **EVERYDAY** health – like having enough energy to get through your day – **MATTERS.**

EVERYDAY SOLUTIONS TO HELP YOU GET THE ENERGY YOU NEED!

F for Food: Food In = Energy Out

Balance, variety and moderation are an important recipe when you're choosing foods to fuel your body.

- Mix up your menu with nutrient-rich foods that help you get through the day. No single food provides every nutrient you need.
- Fiber up. Make today's lunch sandwich with whole wheat, seven-grain or oatmeal bread.
- Pump iron. Seventy-five percent of both teenage girls and women between ages 20 and 50 are not meeting their dietary requirements for iron.¹ Pump up your iron intake with one of nature's best sources, beef. A three-ounce serving of beef provides 39% of the Daily Value for zinc; the same amount of chicken provides just 6%.²
- Add to your foods' color palette. Eat colorful fruits and vegetables like tomatoes, mangoes, carrots, blueberries and squash. The deeper the colors, the more nutrients they contain.
- Think of fat as a balancing act. Enjoy all foods — just balance high fat and lowfat options over time.

A for Activity: Walk the Dog, Don't Just Watch the Dog Walk

You don't have to be a gym rat. All you have to do is get moving!

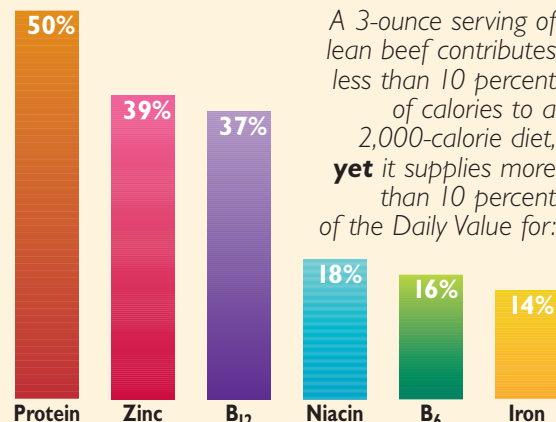
- Everything counts, just shoot for 30 minutes each day. Walk instead of drive, work in your garden — even vacuuming or dusting with vigor counts.
- Put some muscle into it. Strength training improves balance and flexibility, increases self-esteem, boosts metabolism and elevates your mood.³ Lift your children, carry the groceries or laundry, or stop by the gym.
- Don't sit on it. While the kids play soccer or softball, walk the sidelines or stroll around the field instead of lounging in the stands.
- Elevate yourself. Break normal routines and rethink your daily activity. Climb stairs when you'd usually jump in the elevator.
- Spice up your workout. Try swing dancing, cycling, kickboxing, water aerobics or yoga.

Z for ZZZs: A Better Rested You for the Things You've Got to Do

Getting a good night of sleep is essential for your everyday health and for re-energizing your body.

- When you hit the hay, call it a day. Don't use your bed to watch TV, pay bills, or do work. When you go to bed, your body needs to know it's time to sleep.
- Prep your body for sleep. Stay away from caffeine and alcohol close to bedtime.^{4,5}
- Watch your watch. Get up and go to bed at the same time every day. A regular rhythm will help you get into a healthy sleep cycle.
- Move more, rest easier later. Activity during the day will help you sleep at night. (Just don't exercise right before you go to bed.)

Choose Your Calories by the Company They Keep



A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for:



BE REALISTIC

Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.



BE ADVENTUROUS

Expand your tastes to enjoy a variety of foods.



BE FLEXIBLE

Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.



BE SENSIBLE

Enjoy all foods, just don't overdo it.



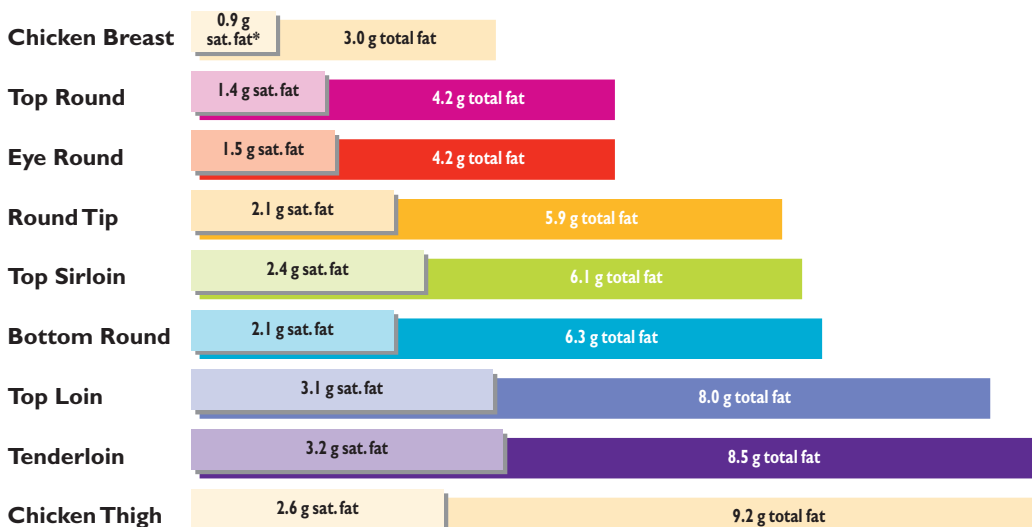
BE ACTIVE

Walk the dog, don't just watch the dog walk.

There are seven cuts of beef that meet the USDA labeling guidelines for lean.⁶

Look for **loin** or **round** in the name.

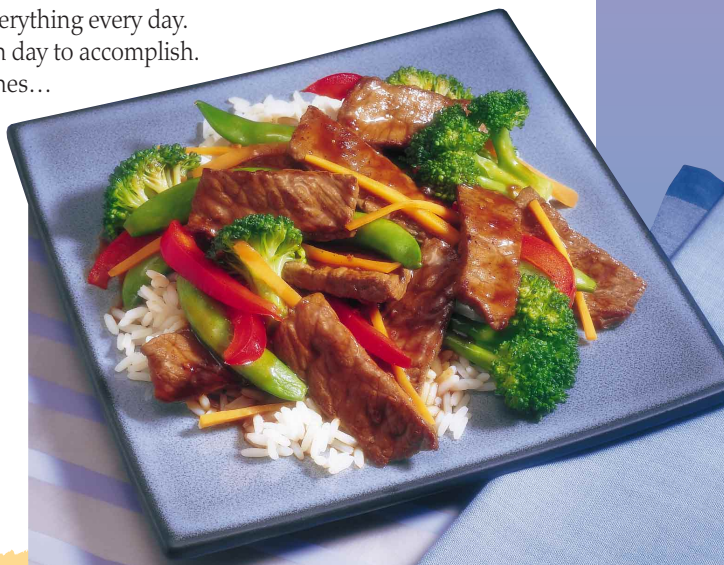
- Top Round
- Eye Round
- Round Tip
- Top Sirloin
- Bottom Round
- Top Loin
- Tenderloin



*Saturated fat.

Make Your Time Count

- If you feel overwhelmed by having too much to do, learn to say *no*! It's okay.
- Learn to ask for help. You may be surprised by how willing your family and friends are to help.
- Number tasks in order of importance. Organized to-do lists are essential on busy days.
- Know what's important to you. Maybe it's time to downsize your activities or let go of some responsibilities.
- You don't have to do everything every day. Choose two things each day to accomplish.
- TV, computers, magazines... Decrease your information overload and take a break.
- Find time for YOU. Try to spend at least 15 minutes each day on your favorite thing.
- Think about what you can do "better" tomorrow to maximize your time, energy and good feelings!



Asian Beef & Vegetable Stir-Fry

Total preparation and cooking time: 30 minutes

- 1-1/4 pounds boneless beef top sirloin steak, cut 1 inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper strips and shredded carrot
- 1 clove garlic, minced
- 1/2 cup prepared stir-fry sauce, preferably sesame- ginger flavor
- 1/8 to 1/4 teaspoon crushed red pepper
- 3 cups hot cooked rice
- 2 tablespoons unsalted dry-roasted peanuts (optional)

1. Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.
2. Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain.
3. Heat same pan over medium-high heat until hot. Add 1/2 of beef and 1/2 of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to pan. Add stir-fry sauce and red pepper; heat through. Spoon over rice. Sprinkle with peanuts, if desired.

Makes 6 servings.

Nutrition information per serving (1/6 of recipe): 286 calories; 26 g protein; 31 g carbohydrate; 6 g fat; 546 mg sodium; 64 mg cholesterol; 4.9 mg niacin; .5 mg vitamin B₆; 2.0 mcg vitamin B₁₂; 4.1 mg iron; 5.1 mg zinc. (Complete nutritionals available on request.)

This recipe is an excellent source of protein, iron, zinc, niacin and vitamins B₆ and B₁₂.

Footnotes:

1. U. S. Department of Agriculture, Agricultural Research Service. 1997. Data tables: Results from USDA's 1994-1996 Continuing Survey of Food Intakes by Individuals and 1994-1996 Diet and Health Knowledge Survey.
2. U.S. Department of Agriculture, Agricultural Research Service. 1999. Nutrient Database for Standard Reference, Release 13.
3. Nelson, Miriam. Strong Women Stay Slim. Bantam Books: New York, 1998.
4. National Institute on Alcohol Abuse and Alcoholism. Alcohol Alert: Alcohol and Sleep, July 1998; No. 41.
5. Helping Yourself to a Good Night's Sleep. National Sleep Foundation. Washington D.C. 1999.
6. U.S. Department of Agriculture, Agricultural Research Service. 1999. Nutrient Database for Standard Reference, Release 13.
All beef cuts are based on 3-ounce cooked servings, 1/4" trim, lean only.
All chicken cuts are based on 3-ounce cooked servings, skinless.

Brought to you by the



and the



THIS PROJECT IS FUNDED BY THE \$1-PER-HEAD BEEF CHECKOFF.